ACES Ball Mastery

Keys to teaching ball mastery components

- Start slow, let players learn it at their own pace (many repetitions)
- If they have success ask them to perform at a faster pace
- After each move a change or BURST of speed is necessary to separate themselves from the defender

1st FIVE to be mastered by the U5-U6 age group

1) “In between the feet!” (Basic Foundation) Explanation – Touching the ball back and forth between the feet (surface is inside of the foot (from mid-foot to big toe))

2) “Inside-Inside-Outside-Outside” (Zig-Zag) Explanation - Two dribbles/touches with the inside of the foot—two dribbles/touches with the outside of the foot)

3) “Sole roll” Explanation – Using sole of foot rolling the ball in different directions (across the body, forwards, backwards)

4) “Psych!” Explanation – Dribbling forward stop ball with sole of the foot, jump over the ball and continue dribbling in the opposite direction

5) “Spin Away” (Name = Spin away from pressure/defender) aka Outside Cut. Explanation – Dribbling forward, slow and turn the ball with the outside of the foot and continue dribbling in the opposite direction.
ACES Ball Mastery (Continued)

2nd FIVE to be mastered by the U7-U8 age group

6) “Pull Back” Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back in opposite direction, hips turn with the ball (allows players to see the ball) and continue in the opposite direction.

7) “Spin Turn” Explanation - Dribbling forward, slow and touch ball 3-4 times with the inside of the foot (a 3/4 turn with the ball) and continue dribbling.

8) “Pull back and Push” Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back and out, push ball behind standing leg with inside of foot and continue dribbling

9) “Scissors” (Shoulder Feint) Explanation – Dribbling forward, step and dip shoulder one way then with outside of other foot dribble forward.

10) “Chop” (Fake kick and across Body) aka Inside Cut Explanation – Dribbling forward, slow and with a kicking motion cut the ball back across your body and continue to dribble.
ACES Ball Mastery (Continued)
3rd FIVE to be mastered by the U9-U10 age group

11) “Fake Pull Back” Explanation – Dribbling forward, raise foot over top of the ball as if a pull back is taking place, bring foot back behind ball and continue dribbling forward.

12) “Double Touch” (Touch-Hesitate-Go) Explanation – Dribbling forward, stop ball with front foot (toe), swivel hips (gives impression dribbler is stopping), touch forward with back foot and continue dribbling.

13) “Fake kick and spin away” Explanation – Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), fake kick, then with outside of kicking foot spin away in opposite direction and continue dribbling.

14) “Step Over” Explanation – Dribbling forward, take furthest foot from the ball and go all the way around the ball and plant (both feet facing forward), lift the back foot and with a hop turn back to the direction from which started.

15) “Fake kick and behind” (Cruyff – Named after Dutch legend Johan Cruyff) Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), non-kicking foot needs to planted in front of the ball (protects the ball and creates the space for the move), fake kick with kicking foot ending the movement on the outside of the ball, with inside of foot (toe) slide ball behind the non-kicking foot and continue dribbling.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legend</td>
<td>2</td>
</tr>
<tr>
<td>Week One – Warm Up</td>
<td>3</td>
</tr>
<tr>
<td>Week One – Tech Game</td>
<td>4</td>
</tr>
<tr>
<td>Week One – Fitness</td>
<td>5</td>
</tr>
<tr>
<td>Week One – Technical/Tactical Game</td>
<td>6</td>
</tr>
<tr>
<td>Week One – Final Game</td>
<td>7</td>
</tr>
<tr>
<td>Week Two – Warm Up</td>
<td>8</td>
</tr>
<tr>
<td>Week Two – Tech Game</td>
<td>9</td>
</tr>
<tr>
<td>Week Two – Fitness</td>
<td>10</td>
</tr>
<tr>
<td>Week Two – Technical/Tactical Game</td>
<td>11</td>
</tr>
<tr>
<td>Week Two – Final Game</td>
<td>12</td>
</tr>
<tr>
<td>Week Three – Warm Up</td>
<td>13</td>
</tr>
<tr>
<td>Week Three – Tech Game</td>
<td>14</td>
</tr>
<tr>
<td>Week Three - Fitness</td>
<td>15</td>
</tr>
<tr>
<td>Week Three – Technical/Tactical Game</td>
<td>16</td>
</tr>
<tr>
<td>Week Three – Final Game</td>
<td>17</td>
</tr>
<tr>
<td>Week Four – Warm Up</td>
<td>18</td>
</tr>
<tr>
<td>Week Four – Tech Game</td>
<td>19</td>
</tr>
<tr>
<td>Week Four - Fitness</td>
<td>20</td>
</tr>
<tr>
<td>Week Four – Technical/Tactical Game</td>
<td>21</td>
</tr>
<tr>
<td>Week Four – Final Game</td>
<td>22</td>
</tr>
<tr>
<td>Week Five – Warm Up</td>
<td>23</td>
</tr>
<tr>
<td>Week Five – Tech Game</td>
<td>24</td>
</tr>
<tr>
<td>Week Five - Fitness</td>
<td>25</td>
</tr>
<tr>
<td>Week Five – Technical/Tactical Game</td>
<td>26</td>
</tr>
<tr>
<td>Week Five – Final Game</td>
<td>27</td>
</tr>
<tr>
<td>Week Six – Warm Up</td>
<td>28</td>
</tr>
<tr>
<td>Week Six – Tech Game</td>
<td>29</td>
</tr>
<tr>
<td>Week Six - Fitness</td>
<td>30</td>
</tr>
<tr>
<td>Week Six – Technical/Tactical Game</td>
<td>31</td>
</tr>
<tr>
<td>Week Six – Final Game</td>
<td>32</td>
</tr>
<tr>
<td>Week Seven – Warm Up</td>
<td>33</td>
</tr>
<tr>
<td>Week Seven – Tech Game</td>
<td>34</td>
</tr>
<tr>
<td>Week Seven - Fitness</td>
<td>35</td>
</tr>
<tr>
<td>Week Seven – Technical/Tactical Game</td>
<td>36</td>
</tr>
<tr>
<td>Week Seven – Final Game</td>
<td>37</td>
</tr>
<tr>
<td>Week Eight – Warm Up</td>
<td>38</td>
</tr>
<tr>
<td>Week Eight – Tech Game</td>
<td>39</td>
</tr>
<tr>
<td>Week Eight - Fitness</td>
<td>40</td>
</tr>
<tr>
<td>Week Eight – Technical/Tactical Game</td>
<td>41</td>
</tr>
<tr>
<td>Week Eight – Final Game</td>
<td>42</td>
</tr>
<tr>
<td>Week Nine – Warm Up</td>
<td>43</td>
</tr>
<tr>
<td>Week Nine – Tech Game</td>
<td>44</td>
</tr>
<tr>
<td>Week Nine - Fitness</td>
<td>45</td>
</tr>
<tr>
<td>Week Nine – Technical/Tactical Game</td>
<td>46</td>
</tr>
<tr>
<td>Week Nine – Final Game</td>
<td>47</td>
</tr>
</tbody>
</table>
Legend

The following symbols will be used in the diagrams for the various activities that can be used at practice:

- Small cone
- Large cone
- Player
- Ball
- Regular goal
- Small goal
- Path of ball (pass)
- Path of movement (run)
- Path of dribble
**Week One – Warm Up**

**Dribbling Marbles:**

**OBJECTIVE:** Learning to dribble in tight spaces

**TIME:** U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:** 4 cones, one ball for each player

**ORGANIZATION:** Every player with a ball

**RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (they are the enemy)

**ACTIONS:**
- U5-U6 Dribbling Moves
  - #1 In Between the Feet (Basic Foundation)
  - #2 Inside-Inside-Outside-Outside (Zig-Zag)
- U7-U8 Dribbling Moves (in addition to 1 & 2 above)
  - #3 Sole Roll

**COACHING POINTS:** Teach ACES Dribbling Sequence

**VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week One – Tech Game

**Body Parts Game:**

**OBJECTIVE:**
Ball Coordination

**TIME:**
U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:**
4 cones, one ball for each player

**ORGANIZATION:**
Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

**ACTIONS:**
Actions = Dribbling with different surfaces of the foot, inside, instep, outside and sole. Coach calls out different body parts (head, right foot, left knee etc.,) and players immediately place indicated body part on the ball.

**RULES:**
Last player to perform task does a physical task (i.e., two jumping jacks, two jumps over the ball, two pushups or two situps)

**COACHING POINTS:**
Perform task as quick as possible

**VARIATIONS**
Coach calls out multiple body parts (i.e., right knee and head)
Week One – Fitness

Relay Races

**OBJECTIVE:**
Improving coordination, speed and agility

**TIME:**
U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:**
Two cones and two balls for two teams; three cones and three balls for three teams (pinnies can be used to differentiate between the teams)

**ORGANIZATION:**
Divide into two or three teams

**RULES:**
1st runner must sprint around ball and back and touch next player to start.

**COACHING POINTS:**
Strong Effort

**VARIATIONS:**
- Run backwards
- Skip
- Jump over ball twice
- Somersault
- Start on stomach
- Start sitting
Week One – Technical/Tactical Game

1 v 1 to Goal

**OBJECTIVE:** Learning to beat a defender, learning to win the ball

**TIME:**
- U5-U6 10 minutes
- U7-U8 12 minutes

**GRID SIZE:** Open field

**EQUIPMENT:** Two cones per pair of players, one ball per pair

**ORGANIZATION:** Pair up players. Each player with a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Players stand back-to-back then take two steps and place cones on ground, creating goal.

**RULES:**
- 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone. Rotate players every 30-60 seconds.

**COACHING POINTS:**
- Take on defender with speed
- Change direction and change speed
- When defender wins ball, make quick transition from attack/defense.

**VARIATIONS:**
- Pairs can score on any goal.
Week One – Final Game

Small-Sided Games - to two goals

OBJECTIVE: Playing the game

TIME: U5-U6, 10 minutes, U7-U8 12 minutes

GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

RULES: Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

COACHING POINTS: Teach basic rules, otherwise let them play.

VARIATIONS When ball goes out of play, coach can restart game by playing a new ball.
OBJECTIVE: Learning to dribble in tight spaces
TIME: U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: 4 cones, one ball for each player
ORGANIZATION: Every player with a ball
RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
ACTIONS: U5-U6 Dribbling Moves
• Review 1 and 2
• #3 Sole Roll
U7-U8 Dribbling Moves
• Review 1 - 3
• #4 Psych
• #5 Spin Away
COACHING POINTS: Teach ACES Dribbling Sequence
VARIATIONS Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Two – Tech Game

Dribbling Tag

OBJECTIVE: Dribbling under pressure, Shielding

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, ball for each attacking players, two pinnies

ORGANIZATION: Two taggers (defenders), all other players (dribblers with a ball)

RULES: Maintain control of ball inside grid. Tagger is attempting to touch dribblers ball. If touched, dribbler picks up ball and raises over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 90-120 seconds.

COACHING POINTS: Dribbling with head up (vision) Maintaining possession of the ball (shielding) Changing direction and changing speed Defenders working as a team

VARIATIONS How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?
Week Two - Fitness

Four Corners Tag

OBJECTIVE: Improving coordination, speed and agility

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 16 cones, one pinnies

ORGANIZATION: One tagger, all others are runners

RULES: Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.

COACHING POINTS: Changing direction Changing speed Reaction Speed Vision

VARIATIONS: Have runners become dribblers by adding balls.
**Objective:** Learning to play 1 v 1, Attack and Defense

**Time:** U5-U6 10 minutes, U7-U8 12 minutes

**Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability

**Equipment:** 4 small cones, 4 large cones, supply of balls, pinnies for one team

**Organization:** Divide teams in two; assign each player on Team 1 a number. Repeat with Team 2.

**Rules:** Coach starts game by rolling ball into field and calling a # corresponding to numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.

**Coaching Points:** Take on defender with speed. Change direction and change speed. When defender wins ball, make quick transition from attack to defense.

**Variations:** Coach calls out multiple #’s.
Week Two – Final Game
Small-Sided Games - to two goals

**OBJECTIVE:**
Playing the game

**TIME:**
U5-U6, 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**EQUIPMENT:**
4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

**RULES:**
Goal is scored, when ball passes over goal line in between cones.
Ball out of bounds is a dribble or pass-in.

**COACHING POINTS:**
Teach basic rules, otherwise let them play.

**VARIATIONS**
When ball goes out of play, coach can restart game by playing a new ball.
**OBJECTIVE:** Improving Instep Passing

**TIME:** U5-U6, 10 minutes, U7-U8 12 minutes

**GRID SIZE:** Start distance between passers 5 yards

**EQUIPMENT:** 10 cones, one ball per two players

**ORGANIZATION:** Two players with one ball

**RULES:** Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

**COACHING POINTS:**
- Approach ball at slight angle
- Non-kicking foot pointed at target
- Kicking foot, toe down, laces facing target
- Ankle locked
- Strike middle of ball with kicking foot
- Follow through (show the target the bottom of the shoe)

**VARIATIONS**
- Must use certain foot to pass and/or receive the ball
- Pass a moving ball (self-pass) to partner
- Increase distance between passers
- Have players move around field and pass
**OBJECTIVE:** Improve passing, movement with and without the ball

**TIME:** U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:** 10 cones, 2 cones per gate

**ORGANIZATION:** Gates (3-4 steps apart) placed randomly around field. Two player with one ball

**RULES:** Players try to pass through as many gates (to partner) in allotted time

Length of each run should be 30-60 seconds

**COACHING POINTS:**
- Vision - Avoid crowded gates
- Approach ball at slight angle
- Non-kicking foot pointed at target
- Kicking foot, toe down, laces facing target, ankle locked
- Strike middle of ball with kicking foot
- Follow through (show the target the bottom of the shoe)

**VARIATIONS**
- Pass must be with instep, must be with right/left foot
- Rotate Partners
Week Three - Fitness

Running Gates

OBJECTIVE: Improving coordination, speed and agility

TIME: 15 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate

ORGANIZATION: Gates (3-4 steps apart) placed randomly around field.

RULES: Players try to run through as many gates in allotted time Length of each run should be 30-60 seconds

COACHING POINTS: Vision - Avoid crowded gates

VARIATIONS
- Running Backwards
- Skipping
- Push-Up at gate
- Figure 8 around the cones (gate)
- Somersault through gate
- Jump over cones at gate
Week Three – Technical/Tactical Game

2 v 1 to goal

**OBJECTIVE:** Improving ability to go past a defender

**TIME:**
- U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
- 20 yards (length) x 15 yards (width); vary size by age and ability

**EQUIPMENT:**
- 6 small cones, 2 large cones, pinnies for 1/2 of team, supply of balls

**ORGANIZATION:**
- Team divided in half; one team attacking, the other defending

**RULES:**
- Two players (attackers) play against one player (defender) to goal. Attacking team starts play by dribbling into neutral zone. Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession.

**COACHING POINTS:**
- Get past the defender as quickly as possible, via dribble or pass.

**VARIATIONS**
- Add a goalkeeper to the defensive team
- Add a 2nd defender to the defensive team
- When defending player wins ball, he dribbles off the field
Week Three – Final Game
Small-Sided Games - to two goals

**OBJECTIVE:** Playing the game

**TIME:**
- U5-U6, 10 minutes
- U7-U8, 12 minutes

**GRID SIZE:**
- U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
- U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
- U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width)
- and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**EQUIPMENT:**
- 4 small cones
- 4 large cones
- Supply of balls
- 1 team in training bibs (to differentiate between teams)

**RULES:**
- Goal is scored, when ball passes over goal line in between cones.
- Ball out of bounds is a dribble or pass-in.

**COACHING POINTS:**
- Teach basic rules, otherwise let them play.

**VARIATIONS:**
- When ball goes out of play, coach can restart game by playing a new ball.
Week Four – Warm Up

Dribbling Marbles

OBJECTIVE: Learning to dribble in tight spaces

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, one ball for each player

ORGANIZATION: Every player with a ball

RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

ACTIONS: U5-U6 Dribbling Moves
            Review 1 - 4
            # 5 Spin Away
            U7-U8 Dribbling Moves (in addition to 1 & 2 above)
            Review 1 - 6
            # 7 Spin Turn

COACHING POINTS: Teach ACES Dribbling Sequence

VARIATIONS: Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Four – Tech Game
Obstacle Game

OBJECTIVE: Learning to dribble, cut and turn
TIME: U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT: 4 cones, supply of balls, 1/2 of team with pinnies
ORGANIZATION: Half the team with balls, other half obstacles
RULES: Dribbling ball inside of grid, avoiding obstacles (other players) positioned randomly throughout the field. Rotate after 45-60 seconds
COACHING POINTS: Using specific moves Using right/left foot only
VARIATIONS: Obstacles with:
legs open (tunnel)
laying on stomach (arms and legs tucked in)
make a bridge
Add a defender
Objective: Improving coordination, speed and agility

Time: U5-U6 10 minutes, U7-U8 12 minutes

Grid Size: 20 yards (length) x 15 yards (width); vary size by age and ability

Equipment: Two cones and two balls for two teams; three cones and three balls for three teams (pinnies can be used to differentiate between the teams)

Organization: Divide into two or three teams

Rules: 1st runner must sprint around ball and back and touch next player to start.

Coaching Points: Strong Effort

Variations: Run backwards
             Skip
             Jump over ball twice
             Somersault
             Start on stomach
             Start sitting
Week Four – Technical/Tactical Game
Man (GK) in the middle

**OBJECTIVE:**
Learning to shoot with Instep

**TIME:**
U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
Distance between shooters and goals (5-10 yds.) Goals 5 yards wide (side by side)

**EQUIPMENT:**
4 large cones, supply of balls

**ORGANIZATION:**
2 players with two balls (outside), 1 in the middle (GK)

**RULES:**
Player on outside shoots (instep), other outside retrieves and shoots from opposite side. If GK makes a save, then roll ball out to other shooter. Rotate GK every 90-120 seconds

**COACHING POINTS:**
Instep passing technique

**VARIATIONS**
Shoot with right or left foot only
Self-pass then shoot
Who can score the most goals in allotted time?
Week Four – Final Game
Small-Sided Games - to two goals

**OBJECTIVE:** Playing the game

**TIME:**
- U5-U6, 10 minutes
- U7-U8, 12 minutes

**GRID SIZE:**
- U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) (PICTURED)
- U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
- U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**EQUIPMENT:**
- 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

**RULES:**
- Goal is scored, when ball passes over goal line in between cones
- Ball out of bounds is a dribble or pass-in

**COACHING POINTS:**
- Teach basic rules, otherwise let them play

**VARIATIONS:**
- When ball goes out of play, coach can restart game by playing a new ball.
Week Five – Warm Up

Dribbling Vitamins

OBJECTIVE: Learning to dribble in tight spaces

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, one ball for each player

ORGANIZATION: Every player with a ball

RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

ACTIONS:

U5-U6 Dribbling Moves
• Review 1 - 3
• # 4 Psych

U7-U8 Dribbling Moves
• Review 1 - 5
• # 6 Pull Back

COACHING POINTS: Teach ACES Dribbling Sequence

VARIATIONS: Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Five – Tech Game

Street Dribble

OBJECTIVE: Learning to dribble in tight spaces, improving coordination, speed and agility, taking on a defender

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 30 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 8 Cones, 2 pinnies, supply of balls

ORGANIZATION: Two players in the street (Street Sweepers) all other players in the sidewalk.

RULES: Coach gives command and players attempt to dribble across without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?

COACHING POINTS: Take on defender with speed
Change direction and change speed

VARIATIONS: Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Five - Fitness

Street Tag

OBJECTIVE: Improving coordination, speed and agility

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 30 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 8 Cones, 2 pinnies

ORGANIZATION: Two players in the street (Street Sweepers) all other players in the sidewalk.

RULES: Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?

COACHING POINTS: Change direction and speed
Vision, avoid sweepers and other players

VARIATIONS: All must skip
All must start on stomach (get up and run)
All must crab walk
Week Five – Technical/Tactical Game

1 v 1 to a Cone

OBJECTIVE: Learning to beat a defender, learning to win the ball

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: Open field

EQUIPMENT: One large cone per pair of players, one ball per pair

ORGANIZATION: Pair up players. Each pair has a ball and a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Place cone on ground

RULES: 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone.

COACHING POINTS: Take on defender with speed. Change direction and change speed. When defender wins ball, make quick transition from attack/defense.

VARIATIONS: Pairs can score on any cone.
Week Five – Final Game
Small-Sided Games - to two goals

OBJECTIVE: Playing the game
TIME: U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width) U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side PICTURED
EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)
RULES: Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.
COACHING POINTS: Teach basic rules, otherwise let them play.
VARIATIONS When ball goes out of play, coach can restart game by playing a new ball.
**Objective:**
Improving Instep Passing

**Time:**
15 minutes

**Grid Size:**
Start distance between passers 5 yards

**Equipment:**
14 cones, one ball per two players

**Organization:**
Two players with one ball

**Rules:**
Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

**Coaching Points:**
- Approach ball at slight angle
- Non-kicking foot pointed at target
- Kicking foot, toe down, laces facing target, ankle locked
- Strike middle of ball with kicking foot
- Follow through (show the target the bottom of the shoe)

**Variations:**
- Must use certain foot to pass and/or receive the ball
- Pass a moving ball (self-pass) to partner
- Increase distance between passers
- Have players move around field and pass
OBJECTIVE: Improve passing, movement with and without the ball

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate

ORGANIZATION: Gates (3-4 steps apart) placed randomly around field. Two player with one ball

RULES: Players try to pass through as many gates (to partner) in allotted time
Length of each run should be 30-60 seconds

COACHING POINTS: Vision - Avoid crowded gates Approach ball at slight angle Non-kicking foot pointed at target Kicking foot, toe down, laces facing target, ankle locked Strike middle of ball with kicking foot Follow through (show the target the bottom of the shoe)

VARIATIONS Pass must be with instep, must be with right/left foot Rotate Partners
Week Six - Fitness

Running Gates

OBJECTIVE: Improving coordination, speed and agility
TIME: 15 minutes
GRID SIZE: Gates spread around field, min. distance between 8-10 yds.
EQUIPMENT: 10 cones, 2 cones per gate
ORGANIZATION: Gates (3-4 steps apart) placed randomly around field.
RULES: Players try to run through as many gates in allotted time Length of each run should be 30-60 seconds
COACHING POINTS: Vision - Avoid crowded gates
VARIATIONS
Running Backwards
Skipping
Push-Up at gate
Figure 8 around the cones (gate)
Somersault through gate
Jump over cones at gate
Week Six – Technical/Tactical Game

2 v 2 Steal the Bacon - to goal

OBJECTIVE: Learning to play 2 v 2, Attack and Defense

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, pinnies for one team

ORGANIZATION: Divide teams in two; assign each player on Team 1 a number, repeat with Team 2.

RULES: Coach starts game by rolling ball into field and calling two #’s corresponding numbered players play 2 v 2 until ball goes out of play or into the goal. Coach then restarts with another ball and other #’s. Maximum length of 1 game is 30 seconds.

COACHING POINTS: Get past the defender as quickly as possible, via dribble or pass. When defenders win ball, make quick transition from attack/ defense add defense to attack.

VARIATIONS: Coach calls out single #’s. Coach calls out multiple #’s.
Week Six – Final Game
Small-Sided Games - to two goals

OBJECTIVE: Playing the game

TIME: U5-U6, 10 minutes, U7-U8 12 minutes

GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v
2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to
differentiate between teams)

RULES: Goal is scored, when ball passes over goal line in between cones.
Ball out of bounds is a dribble or pass-in.

COACHING POINTS: Teach basic rules, otherwise let them play.

VARIATIONS When ball goes out of play, coach can restart game by playing a new ball.
**Week Seven – Warm Up**

**Dribbling Gates**

**OBJECTIVE:** Learning to dribble in tight spaces

**TIME:**
- U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:** 10 cones, 2 cones per gate

**ORGANIZATION:** Every player with a ball

**RULES:**
- Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- How many gates can players dribble through in allotted time?

**ACTIONS:**
- U5-U6 Dribbling Moves
  - Review 1 - 5
  - U7-U8 Dribbling Moves
  - Review 1 - 7
  - # 8 Pull Back and Push

**COACHING POINTS:** Teach ACES Dribbling Sequence

**VARIATIONS:**
- Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Seven – Tech Game

Crab Game

OBJECTIVE: Improving dribbling, cutting and turning

TIME: U5-U6, 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, supply of balls, 1/2 of team with pinnies

ORGANIZATION: Half the team with balls, other half crabs

RULES: Dribbling ball inside of grid, avoiding crabs (other players) positioned randomly throughout the field. Rotate after 45-60 seconds. Crabs can only touch balls with their feet.

COACHING POINTS: Using specific moves

VARIATIONS: When crab touches ball, he switches with the dribbler. Who are the dribblers at the end of the allotted time.
**Week Seven - Fitness**

Follow the leader -- TAG

**OBJECTIVE:** Improving coordination, speed and agility

**TIME:**
- U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
Open field space, cones/balls can be used for obstacles

**EQUIPMENT:**
- 4 large cones, 4 small cones, 4 balls

**ORGANIZATION:**
Players form pairs, one leader with one follower

**RULES:**
Leader does different movements and follower must duplicate. At coaches command, leader becomes a tagger and the follower attempts to avoid being tagged, if a tag occurs roles are immediately reversed. Rotate leaders every 60-90 seconds.

**COACHING POINTS:**
- Leaders be creative
- Followers repeat movement accurately

**VARIATIONS**
- Running backwards
- Skipping
- Jumping (over obstacles)/ two footed jumps
- Somersaults
- Hop on one foot
**ARLINGTON ACES**

U5-U8 House Coaching Curriculum

**Week Seven – Technical/Tactical Game**

1 v 1 Dribbling Gates

**OBJECTIVE:**
Improving beating a defender, improving winning the ball

**TIME:**
U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:**
Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:**
10 cones, 2 cones per gate; 1/2 team with pinnies; 1 ball per 2 players

**ORGANIZATION:**
Players paired up.

**RULES:**
Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Length of game 45-90 seconds. Rotate partners

**COACHING POINTS:**
Take on defender with speed Change direction and change speed
When defender wins ball, make quick transition from attack/ defense

**VARIATIONS**
Player must use a move on defender before scoring goal
Week Seven – Final Game

Small Sided Game

OBJECTIVE: Playing the game

TIME: U5-U6, 10 minutes, U7-U8 12 minutes

GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

RULES: Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

COACHING POINTS: Teach basic rules, otherwise let them play.

VARIATIONS When ball goes out of play, coach can restart game by playing a new ball.
Week Eight – Warm Up

Dribbling Marbles

OBJECTIVE: Learning to dribble in tight spaces

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 cones, one ball for each player

ORGANIZATION: Every player with a ball

RULES: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

ACTIONS:
- U5-U6 Dribbling Moves
  - Review 1 - 5
- U7-U8 Dribbling Moves
  - Review 1 - 8
  - # 9 Step Over (Shoulder Feint)

COACHING POINTS: Teach ACES Dribbling Sequence

VARIATIONS: Players must use right foot only, left foot only, must perform specific moves or combination of moves
Week Eight – Tech Game
Four Corners X 2 with ball

OBJECTIVE: Improving Speed Dribbling

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width)

EQUIPMENT: Four large cones, four small cones, ball for each player

ORGANIZATION: Team split between two opposite corners, each player with a ball Small rectangle in middle of grid 4 yards (length) x 3 yards (width)

RULES: Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle

COACHING POINTS: Dribbling with speed (instep/laces)

VARIATIONS: Dribble with right/left foot
Dribble through rectangle (avoid opposing player)
Dribble around one cone (two cones)
Dribble around a cone and go to an open corner
Dribble around cone and pass back to teammate (repeat)
Week Eight - Fitness

Four Corners X 2

OBJECTIVE: Improving coordination, speed and agility

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width)

EQUIPMENT: Four large cones, four small cones

ORGANIZATION: Team split between two opposite corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)

RULES: 1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle

COACHING POINTS: Strong Effort

VARIATIONS
- Start on stomach
- Start sitting up, cannot use hands to get up
- Run through rectangle (avoid opposing player)
- Run around one cone (two cones)
- Run around a cone and go to an open corner
- Run to rectangle, somersault continue to opposite corner
OBJECTIVE: Learning to play 1 v 1, Attack and Defense

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: 20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, pinnies for one team

ORGANIZATION: Divide teams in two; assign each player on Team 1 a number, repeat with Team 2.

RULES: Coach starts game by rolling ball into field and calling a # corresponding numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.

COACHING POINTS: Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack/defense

VARIATIONS Coach calls out multiple #'s.
Week Eight – Final Game
Small-Sided Games - to two goals

OBJECTIVE: Playing the game
TIME: U5-U6, 10 minutes, U7-U8 12 minutes
GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side
EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)
RULES: Goal is scored, when ball passes over goal line in between cones.
Ball out of bounds is a dribble or pass-in.
COACHING POINTS: Teach basic rules, otherwise let them play.
VARIATIONS: When ball goes out of play, coach can restart game by playing a new ball.
Week Nine – Warm Up

Passing Marbles - Instep

OBJECTIVE: Improving Instep Passing

TIME: 15 minutes

GRID SIZE: Start distance between passers 5 yards

EQUIPMENT: 14 cones, one ball per two players

ORGANIZATION: Two players with one ball

RULES: Passing with instep, receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

COACHING POINTS: Approach ball at slight angle
Non-kicking foot pointed at target
Kicking foot, toe down, laces facing target, ankle locked
Strike middle of ball with kicking foot
Follow through (show the target the bottom of the shoe)

VARIATIONS: Must use certain foot to pass and/or receive the ball Pass a moving ball (self-pass) to partner Increase distance between passers Have players move around field and pass
Week Nine – Tech Game

Pass Through

OBJECTIVE: Improve Instep Passing Technique and Accuracy

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: Start cone = 12 yds. from pass goal (5 yds. wide)

EQUIPMENT: 7 cones and supply of balls

ORGANIZATION: Team split into three groups, one player is behind pass goal without ball, all others at start cone with a ball

RULES: 1st player dribbles ball and prior to 1/2 way between passes ball between goal, reciever controls ball and dribbles back to start. Passer replaces receiver. Receiver must use inside of foot or sole

COACHING POINTS: Approach ball at slight angle
Non-kicking foot pointed at target
Kicking foot, toe down, laces facing target, ankle locked
Strike middle of ball with kicking foot
Follow through (show the target the bottom of the shoe)

VARIATIONS Must use right/left foot to dribble, pass or receive
Week Nine - Fitness

Running Gates

OBJECTIVE: Improving coordination, speed and agility

TIME: 15 minutes

GRID SIZE: Gates spread around field, min. distance between 8-10 yds.

EQUIPMENT: 10 cones, 2 cones per gate

ORGANIZATION: Gates (3-4 steps apart) placed randomly around field.

RULES: Players try to run through as many gates in allotted time Length of each run should be 30-60 seconds

COACHING POINTS: Vision - Avoid crowded gates

VARIATIONS:
Running Backwards
Skipping
Push-Up at gate
Figure 8 around the cones (gate)
Somersault through gate
Jump over cones at gate
Week Nine – Technical/Tactical Game
Dribble Shoot & Dribble-Pass-Shoot

OBJECTIVE: Improving Shooting on Goal

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: Start point is 20 yards away from goal (goal 6 yards wide)

EQUIPMENT: 7 cones and supply of balls

ORGANIZATION: One goalkeeper in each goal (2), one receiver 12 yards from B Goal, all others with a ball at start cones (Groups A and B)

RULES: Group A shooter dribbles within 10 yards of goal and shoots;
Group B passer dribbles 3-4 yards and passes to receiver, who receives ball, turns and shoots on goal. Passer replaces the receiver/shooter.
Rotate Goalkeepers every 5 shots

COACHING POINTS: Dribble at game speed
Instep passing technique
Inside of foot passing technique
Shoot low and to corners

VARIATIONS: Shooter must use right/left foot or pre-determined technique
Week Nine – Final Game
Small-Sided Games - to two goals

OBJECTIVE: Playing the game

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width)
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width)
and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

EQUIPMENT: 4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

RULES: Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

COACHING POINTS: Teach basic rules, otherwise let them play.

VARIATIONS When ball goes out of play, coach can restart game by playing a new ball.